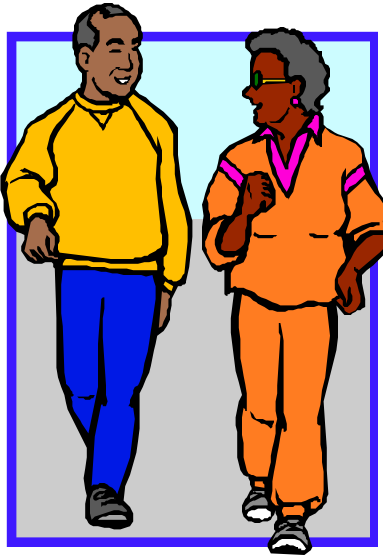




DC DEPARTMENT OF MENTAL HEALTH

1-2-3

**IT'S AS EASY AS
A B C**



**Three Easy Steps to A
New Mental Health Provider**

IT'S AS EASY AS A B C



Step 1. Get to know the other mental health providers.



Step 2. Decide on a new provider who fits your needs. Fill out a Consumer Choice Form or call the Access Helpline at 1-888-793-4357.



Step 3. **Make Your Appointment and GO.**

To help you choose a new mental health provider:

- Attend a Consumer/Provider Choice Fair.
- Attend a Provider Open House to visit their offices and meet their staffs.
- Talk about your options with your doctor, case manager, or treatment team.
- Talk to your peers about where they are getting their services.

Stay Informed

Attend a Consumer Forum

When Every Friday, 10 am - 12 noon

Where DC CSA

1250 U Street, NW 4th Floor

Remember

When selecting a new mental health provider:

- It's *Your Choice*.
- Choose the one that fits you.
- You can choose from more than 20 providers.

*If you have questions or need help, call
the Office of Consumer and Family Affairs.
(202) 673-4733*